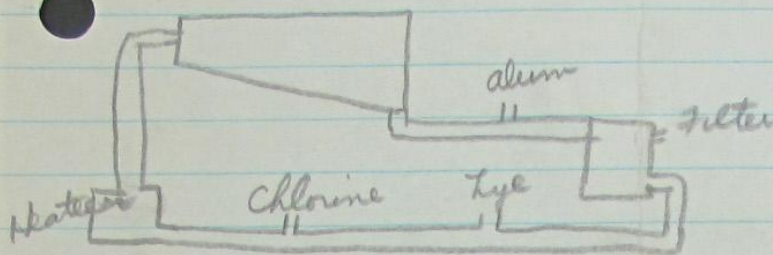


Pool Administration -

Orthotoluidine



To keep pool to peak of efficiency - constant care.

Skim pool by using cheese cloth on pole w/ wt. on bottom. Two people hold it & skim dirt & dust off.

Hourly Face Float -	10	
Back "	10	
Spinning Top	11	A folded, flutter kick
"On Water"	11	Free water
Sculling No 1 1 st	12	
" 2 nd 1 st	12	
Water wheel	12	
Washing Tub	12	X ank.
Marching	12	
Breast 2 nd 1 st	12	
Side stroke w/ roll.	12	
2 Bkw. S-S.	12	
2 Fwd. S-S.	14	
Fish	14	
Loop the Loop	14	
2 Surface Dive.	14	
Deck Swimming	15	
Propeller	16	
Rolling Log	16	

Porpoise	16.
Beast Stroke ft just w b S-S.	16.
Canoe	16.
Paddle wheel	16.
Skulling w 1 L in air	16.
Propeller w turn	17.
2 bkwd out - stroke S-S	17.
Propeller of bottom & face divd.	18.
" " Rolling hog	18.
Dolphin	18.
Running torpedo	18.
Spiral porpoise	18.
Seal Swimming	18.
Torpedo.	18.
Porpoise & dolphin	18.
Pendulum	19.
Submarine	19.
Forward O-stroke S-S.	20.
Swimming upside down	20.
Skulling w 2 L sep	20.

Progression in Teaching Diving.

Rules Concerning Persons Using the Swimming Pools.

1st - The number of bathers using a swimming pool during any 24^{hr.} interval shall not exceed 20 persons & ca. 1000 gals. of clean water added to the pool during that period, & at no time shall the no. of bathers exceed 3 persons per 1,000 gals. of ^{total} water.

2nd - Any person who has been exposed to, or is suffering from a communicable disease (typhoid fever, diphtheria, scarlet fever, measles or any venereal disease), must report these facts concerning to the pool in charge of the pool, & must not use the pool until permission is obtained from the proper authorities.

3rd - Every person must take a thorough shower bath with the use of soap, & enter the pool.

4th - Persons found polluting the water with their body discharges will be promptly excluded from the pool & subject to the penalties of the Public Health Act for creating a nuisance, prejudicial to health. A trough along the side of the pool is provided as a place to expectorate. Expectoration in the water is prohibited.

5th - The water in the pools is not drinking water. Bathers are warned against swallowing any pool water taken into their mouths.

Gordon Park Jackson, M.B., D.P.H.

Toronto - July '38.

M. O. B. H. 522

Rules & Regulations Governing The Operation of Swimming Pools.

1st - Each swimming pool should be under the supervision of a responsible and trained operator and no bathing shall be permitted in the absence of such supervision.

2nd - The quality of the water in the pool shall meet the following bacterial requirements. The bacterial count shall not exceed 250 per C.C. on Agar, with the absence of *S. coli* in 1 C.C.

3rd - There shall be maintained in connection with the swimming pool sanitary conveniences located adjacent to and opening into the dressing or shower bath rooms.

4th - The floors of all areas adjacent to the swimming pools, showers & dressing rooms shall be effectively drained and every such floor shall be constructed of impervious material.

5th - Bathing suits and towels must be washed & handled in a manner satisfactory to the local M.C. of H.

Rules for Operation of Swimming Pools.

1. At all times when the pool is in use the water shall be sufficiently clear to permit a black disk 6" in dia, on a white field, when placed at the bottom of the pool at the deepest point to be clearly visible from the side-walks of the pool at the distance up to 10 yds, measured from a line across the pool from said disk.

2. The pool must be cleaned whenever suspended matter or algae growths are present to an extent visible to the naked eye. 4

3. The filter & chlorination plant shall be operated whenever the pool is in use & for at least 1 hr. following, in order to ^{remove} as much suspended matter as possible & 4 it settles to the bottom of the pool. The filter should be washed whenever the pressure gauge indicates that cleaning is necessary. There shall be maintained in the water of the pool during the bathing period an amt. of available excess chlorine not less than 0.2 parts per million, nor shall the excess be more than 0.5 parts per million.

4. The water in the pool must not be artificially heated to a temp. above 72°F . The room containing the pool shall be ventilated & the temp. of the air at artificially heated pools must not be permitted to become more than 8°F . warmer, nor more than 2°F . cooler than the water in the pool at any time, when the pool is in use, except in the case of pools operated in the summer as open air pools. It is recommended that the air temp. should be 5°F . warmer than the pool temp.

Record Sheet.

The data & the mon. mat kept on a blank w 31 (lines) (1 4 ea. cl.) supplied by the Local Board of H. for this purpose. A signed copy of this report must be submitted to the M.C. of H. at the end of each mon.

L. Creighton. ✓

The Legion of Blood Donors!

- Hygeia of March 1940.

"Living Blood for the dying." Such is the watchword for a unique type of humane organization in Rochester, N. Y. for the purpose of supplying volunteer blood donors.

The Legion of Blood Donors was formally organized March 18, 1937 which grew out of an appeal made eight years ago by a frantic father for a certain type of blood to aid his dying boy. Twenty-two volunteers responded immediately to the father's appeal. The boy's life was saved and the Legion of Blood Donors was on its way.

10-day over 1,200 people in Rochester stand ready night and day to take part in a silent, gripping drama of life and death. Membership in the Legion is voluntary the only qualification being to offer one's life blood in the service of others. Members are called on in an emergency when ordinary channels of obtaining blood donors are unavailable. They serve without pay and remain anonymous. Offering life as a gift members have donated blood to various places in U.S.A. and Canada.

Up to January 1940 more than 970 blood transfusions had been made. Nationwide recognition has been accorded in press reports, radio flashes and in magazine articles.

The smooth running organization of the Region is comparatively simple. Volunteers contact the Times - Union newspaper.

Data such as: name, age, home and business addresses and telephone numbers are taken. Arrangements are made to have the volunteers typed into one of the four classifications at a local hospital. The new Region member is then on call at all times to help some sick person fight a battle against death. Volunteers have come in groups from civic, public and military organizations and as individuals. The Region takes its recruits from all walks of life, men and women alike.

Much of the effectiveness of the Region comes from its having four types of blood available at a moment's notice. Speed in answering distress signals has meant the saving of many lives. Often blood donors are found by radio announcements and the use of police cars in rushing aid to urgent cases.

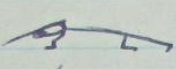
Already the Region of Blood Donors has become of nationwide interest. On Oct. 6, 1939 over a coast-to-coast network an account of the Region's work and the value of blood transfusions was given.

There are now 56 communities served by Blood Donor Leagues with a total membership close to 98,000. Its value recognized the adoption of the blood donor idea throughout U.S.A and Canada has been inevitable. Living blood for the dying should save thousands in the future just as it has saved hundreds in the past.


Remedials

Arthrodesis - operation of jts to make stiff.

Once jt has cart. removed no longer jt. & becomes stiff. Never try to move jt in such an operation.


Wlapp's.  for C-curved to Left.


Kneeling on 4's over stool so back flat. Put 2 feet way back & stretched right this whole B. keeping H. straight.

S-curved. - R. dorso ^{& L. lumbar} so stretch L & A & stick R.T.L. & stick right this keeping B. bent. 

For ~~kyphosis~~ ^{lordosis} Hds. facing fwd. ^{on kns.} slide Hds. fwd. slowly - Buttock high & with 3 jerks press shlds down. Sit up & take 3 pos & press bk 3x & then go in to other. In case of lordosis after 3 jerks jump this feed.

Balance Ex. for ~~Kyphosis~~ ^{lordosis} -

1. Kn - Apart: 

2. Slide Hds. fwd & stick L up & bk: 

Theory of Medical Gymnastics.

Classification of Movements:-

1. Active - movements are those in which the patient's muscles are made to contract & take part in the movement.
2. Passive - movements are those performed on the patient by a gymnast or other outside force, while patient's muscles remain relaxed.

Concentric muscle work, or contraction with shortening, is that which occurs when the patient performs a movement, often against resistance from the gymnast or some other force.

Eccentric muscle work, or contraction with lengthening, occurs when gymnast or some other force performs a movement again P. resistance.

Active movements may be 1. voluntary.
2. involuntary.

Voluntary movements & those which depend on impulses under the control of the will.

Involuntary - which depend on impulses not directly under control of will. Some invol. movts R made use of or R affected in Med. Gym. most imp. R associated, reflex movts, peristaltic movts & movts of heart.

Associated movements & those which arise involuntarily along with another, usually a voluntary movt.

Reflex movts & those which result from stimulation of sensory nerves. The stimulus is transferred to motor nerves so that

contraction of the mus. is brought about invol.
There may thus be said to be efferent response
to efferent stimuli. - Use & diagnostic purposes.

Peristaltic mov't - contraction of invol.
m. where it forms a tube - especially applied
to that forming the wall of the elementary canal.
May be affected by ex.

The Movements of the Heart - not under
control of will, may be influenced by certain
manipulations & mov'ts.

Movements may be:-

1. Repletive - when they increase flow of blood to part.
2. Depletive - " " draw blood away from "

The Ranges (or Path) of Muscle Work -

A muscle may be made to work:-

1. Full Range - from its fully stretched pos. to a pos. in which it is contracted to its fullest extent or V.O.
Ex. - flex. of el. from straight & fully flexed pos.
2. Inner Range - pt. midway between complete stretch & complete contract. & pt. where it is fully contracted or V.O.
Ex. - flex. of el. from rt L & fully flexed pos.
3. Outer Range - from pt. where it is fully stretch. to pt. midway between complete stretch & complete contract. or V.O. Ex. flex. of el. from fully extended pos to rt L.
4. Middle Range - reaching neither its fully stretch nor its fully contracted pos.